Alabama WISEWOMAN Program Flow Chart

**Participants will be fasting**

**For Diabetic participants,** HgA1C, Fasting Lipid Panel by POC

**For non-Diabetic participants,** Fasting Glucose, Fasting Lipid Panel by POC; If necessary, A1C by venipuncture only/tested at ref. lab

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**Risk Reduction Counseling by Medical Staff**

**All Alert BPs/Glucose results evaluated/treated that day**

- All results provided verbally/ in writing
- Calculate CVD risk
- Determination of priority areas of interest
- Determination of level of readiness to change
- Referral for self-monitoring blood pressure (SMBP) device

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**Healthy Behavior Support Options Session by Social Worker**

- Review of RR session/Labs
- Introduction to WW Services
- Health Coaching
- Appropriate community referrals, medication assistance, smoking cessation referrals
- All Social Work referrals tracked via tickler system
- Instruct on SMBP device

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**Health Coaching Session One:**

- Smoking and Quitting Assessment or Physical Activity Module

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**Medical Follow up Office Visit (1 week -1 month)**

- One visit per cycle
- Missed appointments will be followed up via clinic protocols

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**Nutritional Counseling/Health Coaching Session 2** (At 1-3 months)

- Diet and Dietary Assessment of LSP

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**Health Coaching Session 3** (at 6 months)

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**5 Weeks of Eating Smart/Staying Active LSP**

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**Monthly Support Meetings**

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**Supportive Quarterly Contact**

- Quarterly newsletters
- Community happenings/opportunities
- WW Social Worker availability for support or services at a later date
- Annual Screening Reminder Call

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**Rescreening at 12-18 months**

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**Alert/Abnormal HTN:**

- In addition to any meds, medical staff discuss lifestyle changes
- Instructs patient on rechecks
- Schedules 1 month follow up appt.

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**Alert/Abnormal HTN:**

- WW SW will assist in acquiring low cost meds
- WW SW will follow up in 10 days for review of meds and adherence
- WW SW will encourage rechecks and keeping appt. dates
- All hypertensive clients will be referred for nutritional counseling

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*After completion of Health Coaching and/or LSP, Follow up Assessment to include: Medications, BP, diet, physical activity, smoking, quality of life issues

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*Pending approval of CDC TA Guidance, Version 2.0

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